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Bangalore Mirror

TEMP Max 27 | Min 21 | Humidity 74% Mostly Cloudy Sensex 81,355 | Nifty 24,836 | Gold 68,601 | Silver 81,770 | Dollar 83.73 | Euro 90.54 | GBP 107.55

SAFETY RULES

After shocking murder, police release set of guidelines for PGs to follow; citizens want holistic measures

PAGE 3

STING SPOT

Within BBMP limits, 30 dengue hotspots identified; fogging, awareness campaigns, distribution of meds on

BBMP executive engineer lodges complaint with police after land owner knocks down retaining wall of storm water drain constructed recently after spending lakhs from tax-payers' money

RAZE TO THE FINISH

Residents of Kowdenahalli fear there is no stopping land mafia in area

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It is the Bruhat Bengaluru Mahanagara Palike (BBMP) that is supposed to demolish illegal structures constructed abutting storm water drains. But in what can be called the heights of impunity, a land owner has gone ahead to demolish the newly constructed retaining wall of a storm water drain in the city. The BBMP Storm Water Drains Department spent lakhs of rupees of tax-payers' money to construct the retaining wall for the storm water drain between Kowdenahalli Lake and KR Puram Lake.

The incident took place at Kowdenahalli near KR Puram on July 24. The BBMP Assistant Executive Engineer (Storm Water Drains) has lodged a complaint with KR Puram Police and Bengaluru Metropolitan Task Force in this regard.

According to the complaint, it is alleged that one person by name KT Rajkumar engaged two earth moving machines belonging to Hanuman Earth Movers. "I have attached photos of the earth moving machines with the complaint copy.

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An earthmoving machine smashes the retaining wall of a stormwater drain in Kowdenahalli

"I thought the earth moving machines were being used to level the land. I was shocked to see that the machines began demolishing the retaining wall of the storm water drain

— Resident of TC Palya

In deep trouble

Despite excess rainfall in June, groundwater levels in all Bengaluru urban taluks still in the red

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Karnataka recorded an excess rainfall of 91 mm, with a 78% departure from the normal of 51 mm between June 1 and 10, as per the data from the Karnataka State Natural Disaster Management Centre (KSNDMC). Overall, the state was classified under a large excess category of rainfall, with 27 out of 31 districts recording a positive departure by a considerable margin, including Bengaluru Urban.

Bengaluru Urban has been recording an average of 37 mm between June 1 and 10 over the last five years. This year, the district received 107 mm, registering an 189% departure from normal.

However, the recent report by the Karnataka Groundwater Directorate shows not much has changed underground. Groundwater levels in all taluks in Bengaluru urban are in 'Red', signifying a large drop in the water table. In all four urban taluks – Yelahanka, Bangalore North, Bangalore West, Bangalore South, and Bangalore East – the water table has dropped by more than four metres below ground level compared with June 2023.

As many as 71 taluks across the state have registered a similar drop in June this year compared with June 2023. The Groundwater Directorate data also shows

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3 THINGS TO DO

01 All art & craft

Immerse yourself in the creativity and craftsmanship from across India with 'Kuteera,' an annual exhibition and sale of hand-crafted treasures and one-of-a-kind objects for the home presented by The Crafts Council of Karnataka in association with Creative Dignity. The exhibition will present 35 artisans, social enterprises, and organisations, along with live craft demonstrations by visiting artisans and plenty of activities for children.
Where: Karnataka Chitrakala Parishath
When: August 3 to 7, 10:30 am to 7:30 pm

02 Family drama

Watch the play 'Kaakadosha,' an adaptation from the English original 'When the Crows Visit' for the first time, being staged in an Indian language (Kannada). Set in a traditional family in a city like Bangalore, the play revolves around the widow, Sharada, and her only hope, her son. It is a gripping family drama infused with elements of thriller, exploring the narratives of depths of love and empathy and the cost of confronting simmering violence within the family.
Where: Ranga Shankara, JP Nagar
When: August 1, 7:30 pm

03 Into the space

Dive into the world of space exploration with "Astrokids-Discovering the Universe," a space-themed science fest. The event features captivating visuals of space rocket models and around 10 hands-on experiment zones, allowing attendees to engage with and learn about space science. This fest, in collaboration with the Indian Space Research Organisation (ISRO), promises an immersive and educational experience for all the attendees.
Where: Nexus Whitefield Mall
When: August 3 to 11

B'luru emerges hub for illegal schools

Department regularises 101 of unauthorised schools in state; parents voice concerns, say issuing cautionary advisories not enough, such schools must be shut down

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Out of the 993 unauthorised schools identified in the state, as many as 101 schools have been regularised, and seven are currently under departmental investigation. Many unauthorised schools are found to be located in Bengaluru, with 172 such schools in South Bengaluru, 141 in North Bengaluru, 120 in Ramanagara, 101 in Raichur, and 95 in Chitradurga.

Additionally, one school each has been flagged as unauthorised in Dakshina Kannada and Udupi. It was also noted that some of these unauthorised schools are delivering the central government curriculum despite having approval for the state curriculum, while others are using one medium of instruction for approval but conducting classes in a different medium.

An official said that the education department has published a list of authorised schools for each taluk and directed Deputy Directors at the district level to take corrective measures against unauthorised institutions and address this issue accordingly. "Releasing the list of unauthorised schools at the start of the academic year would help prevent students from enrolling in these institutions. The situation remains a significant concern for the future of students who are currently attending these unauthorised schools. Some of these institutions are conducting both central and state curriculum classes within the same premises, further complicating their status as unauthorised," the official stated.

> **"Department is actively working to transfer students, but ensuring continuity & stability for those already enrolled in unauthorised schools remains a challenging issue** – Official

Measures in place

BB Cauvery, Commissioner of Public Education, said that the task of transferring students from unauthorised schools to authorised institutions and closing down the unauthorised schools is being managed by Deputy Directors at the district level. "A comprehensive list of authorised schools has been released for each taluk to assist in this process," she said. She stressed that the officials will henceforth plan to release the list of unauthorised schools at the beginning of the academic year, as it will prevent students from enrolling in such institutions. "The department is actively working to transfer students from unauthorised schools to authorised ones, but ensuring continuity and stability for those already enrolled in unauthorised schools remains a challenging issue," added an official.

Parents concerns

Meanwhile, parents demand that the education department take measures to shut down unauthorised schools instead of issuing advisories to parents to be careful while enrolling their children. Dinesh Gowda, a parent, said, "We, as parents, lack a reliable mechanism to verify the legitimacy of these institutions, leaving us vulnerable to schools that may forge documents to appear authorised. This oversight not only results in substantial financial losses due to exorbitant fees but also creates additional problems when we have to transfer our children to new schools mid-year."

Stressing the need for strict checks and measures to avoid this problem, he said that the education department needs to implement more stringent checks to protect families from the consequences of enrolling in unauthorised schools. "The emotional and educational disruption caused by having to change schools is significant, and it feels like we're paying a high price for the lack of rigorous oversight. Without proper enforcement and transparency, it's the students and parents who bear the brunt of this systemic failure," he added.

3-day garment fair begins today

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Garment stalls during the 28th edition of the SIGA Fair

Providing a platform for showcasing more than 150 brands of garments, the South India Garment Association (SIGA) is organising a national-level three-day garment fair from July 30 to August 1 at Princess Shrine in Palace Grounds, Bengaluru.

This is the 29th edition of the garment fair. It has received a very good response from garment manufacturers across the country. We made arrangements to put up 150 stalls, said SIGA president Anurag Singhla. "Garment manufacturers from Mumbai, Surat, Delhi, Jaipur, Bengaluru, Ludhiana, and Nagpur are participating in the garment fair, showcasing their latest collections—wedding, festival, as well as winter collections of garments. This is a B2B (business-to-business) event, with retailers and wholesale traders visiting the fair. We are expecting around 2,500 retail and wholesale traders to visit the garment fair, and the booking of festive, wedding, and winter wear will be more than Rs 100 crore," he said.

Singhla further said that the 28th SIGA Fair 2023 had facilitated Rs 120 crore worth of business. "Now the garment industry, especially small and medium garment manufacturers and retailers, has been facing stiff competition from multinational companies. Many small and medium garment retail shops are closed due to competition from big companies. This is the reason why we fixed the target of business during this time at Rs 100 crore as against the total business generated (Rs 120 crore) during the garment fair organised last year," he added.

Murder fallout: Police roll out rules for PGs

PG residents stress the importance of holistic measures, including citizen awareness

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After the murder of a 22-year-old at her paying guest (PG) accommodation in Koramangala, southeast Bengaluru last week, the Bengaluru police have issued a set of guidelines making it clear that no accommodation can operate without obtaining a license first.

The murder of Kriti Kumari has cast a shadow on women's safety and put the spotlight on PGs. The guidelines include that all paying guest accommodations must conduct thorough background checks on new residents, verifying details such as their occupation, purpose of stay, employment address, Aadhaar card, photograph, and contact information. Previous residence details and duration should be recorded.

Criminal history checks are mandatory, and if there are any criminal records, they must be reported to the police.

The installation of CCTV cameras at four different angles is compulsory. Information about all visitors, including their relationship to the resident, must be collected and verified. Visitors must submit their Aadhaar cards each time they visit the resident.

The role of mental health support in PGs has also emerged as a critical concern. Similar to education institutions, a counsellor must be hired to maintain mental & emotional well-being

Designated visitor rooms should be constructed, and security guards should be deployed. Biometric identification systems must be implemented and should have screening tools like metal detectors.

The accommodation management will be held responsible in case of emergencies.

All resident documents must be shared with local police authorities.

Female residents should be accommodated in women-only PGs, and visitors to these accommodations should be monitored.

Multi-faceted approach

While these measures are undoubtedly crucial, citizens BM spoke to said that a multi-faceted approach is necessary to address the issue. Shaila, a resident of a Bengaluru PG, underscored the importance of personal safety and awareness. She emphasised the need for citizens to trust their instincts, maintain personal boundaries, and avoid sharing excessive details about the room and roommates with outsiders other than parents and siblings, as it invades the safety and security of the other 10 or more members staying in the PG.

The role of mental health support in PGs has also emerged as a critical concern. Similar to educational institutions, a counsellor must be hired to maintain mental and emotional well-being, a citizen said. The citizen, who wished to remain anonymous, suggested that PGs consider having a counsellor to address the emotional well-being of residents.

"This could create a safe space for individuals to share their concerns, fears, or uncomfortable experiences, thereby fostering a sense of security and trust within the PG community," they said.

"It is essential for PG owners and citizens to collaborate in creating a secure living environment for women. By prioritising safety and awareness, it is possible to prevent such tragedies from recurring and build a safer future for women," said another woman staying in a PG.

Speeding BBMP garbage truck kills two bikers

Two young professionals, Prashant from Bengaluru and Shilpa from Andhra Pradesh lost their lives in a tragic accident involving a Bruhat Bangalore Mahanagara Palike (BBMP) garbage truck near KR Circle on Sunday night. The incident took place around 8:45 pm as the victims were riding from Majestic towards KR Circle. Eyewitnesses claim that the garbage truck was speeding recklessly when it crashed into the bike, trapping Prashant and Shilpa underneath. The truck dragged their bodies for 10 metres before coming to a halt.

The injured were rushed to Martha's Hospital, where Prashant, ironically born and died in the same hospital. Shilpa also succumbed to serious injuries. This is not the first time a BBMP garbage truck has been involved in a fatal accident. The city has witnessed a spate of such incidents, raising serious concerns about the safety of its roads and the reckless driving of public transport vehicles.

This is not the first incident as on January 29, 2024, a 14-year-old girl lost her life after being hit by a BBMP garbage truck near Mosque Road. The spate of accidents involving these vehicles has caused immense grief and anger among citizens. Similarly, on April 8, 2024, a tragedy unfolded at Nayandahalli junction on Mysore Road when a BBMP garbage truck claimed the life of Padmini D, a 40-year-old bank official. This marked the third fatal accident involving these trucks within a month, sparking public outrage and demands for stricter regulations.

The recent accidents have emphasised the urgent need for comprehensive safety audits of all BBMP garbage trucks, stringent driver training, and strict enforcement of traffic rules. The city authorities must prioritise the safety of its citizens and take decisive action to prevent such incidents from happening again. **Sanjana CS**

30 dengue hotspots identified within BBMP limits

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During the Covid-19 pandemic, the Bruhat Bengaluru Mahanagara Palike (BBMP) identified Covid hotspots where multiple cases were reported. Now, with the dengue outbreak, it is crucial to designate Dengue hotspot areas. As of Monday, there are 30 dengue hotspots within BBMP limits. BBMP Chief Commissioner Tushar Giri Nath explained, "A hotspot is defined as a location where two or more dengue cases are reported within a 100-meter radius. So far, we have identified 300 dengue hotspots in BBMP. These hotspots are dynamic and can change; an area is designated as a hotspot when dengue cases are reported and is removed from the list when there are no active cases." Earlier, Bengaluru was reporting an average of 200 dengue cases per day. This number has now increased to 225-230 cases per day. To combat this, orders have been given to procure 30 sprayers for fogging in each ward. Currently, BBMP has around 530 spraying machines and 500 sprayers overall. However, there is a shortage of sprayers and manpower, necessitating the hiring and training of additional personnel.

Overall this year, BBMP has reported 7,900 dengue cases (since January 1, 2024) with 96 hospitalised and three deaths. Nath said, "As there 30 active hotspots within BBMP, and neem oil and Dettol cream are being distributed in slums and low-income areas. To control dengue cases, extensive fogging and spraying of insecticides in mosquito breeding areas are

essential. Additionally, preventive measures should be implemented in hotspot areas to manage the spread of dengue fever. The recommended measures include increasing fogging and spraying in mosquito breeding areas, distributing neem oil and Dettol cream in slums and low-income areas, recruiting necessary staff for fogging and spraying, and implementing preventive measures in hotspot areas. These efforts aim to control the spread of dengue fever and reduce the number of cases in the city."

Meanwhile, as reported by BM on Monday, Nath asked officials to visit units where flex banners are printed and to check whether permission has been sought or not. During Monday's meeting, Nath directed all zonal officers to take stringent measures against those who install flex/banners without permission within BBMP limits. "There is a need to effectively control unauthorised flex/banners. Zonal officers are tasked with taking stringent measures in their respective jurisdictions to ensure that unauthorised advertisements are not installed anywhere. Unauthorised flex/banners are being removed by the BBMP, and cases are being filed at police stations. However, the issue of flexes being installed on public roadsides persists. Additionally, awareness campaigns will be conducted to inform citizens about unauthorised advertisements. Night patrolling vehicles will be deployed to monitor unauthorised advertisements installed at night, with a specific focus on main roads. Joint operations with the police department will also be conducted to tackle this issue. The meeting was attended by all zonal officers and other officials."

In addition to this, Nath announced measures to address the city's pothole problem. He introduced the "Fix Pothole" mobile application, designed to streamline the process of reporting and filling potholes.

Box of death; electrical hazard at Indiranagar

Utility junction remains dangerous for pedestrians as BESCOM's temporary fixes are ineffective

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KAUSHIK JN

Electric boxes on the footpath, with exposed wires and inadequate cardboard protection

The electrical junction box at BM Shree Circle near KFC on 100 Ft Road, Indiranagar, is drawing attention for its alarming condition. The displaced box not only endangers unwary pedestrians and children but also creates obstacles for those crossing the zebra crossing to reach the other side of the road and continue towards Chinmaya Mission Hospital and other destinations.

Though the electrical junction box lies precariously just a few metres away from the Office of the Assistant Commissioner of Police (Traffic) East Sub Division, nothing has been done to either replace the junction box with a new one or restore it to a proper condition.

Bangalore Mirror published a story titled "Cardboard safeguard," on January 2, 2024, detailing how two tragic incidents that resulted in three fatalities within a month compelled Bengaluru Electricity Supply Company (BESCOM) to wake up from slumber. It also narrated how BESCOM began covering junction boxes of street lights at a few important locations in the city.

Although residents and pedestrians urge BESCOM authorities to address the issue permanently rather than with a temporary fix, no action has been taken to resolve the problem. The cardboard that once covered the electrical junction box is now gone, and the condition of the box has deteriorated further.

"The condition of the electrical junction is a shame on the BESCOM and the traffic police. It is a shame for the traffic police, as they failed to notify or summon BESCOM or the relevant authorities to address the issue. The Assistant Commissioner of Police Office is situated a few metres away from the traffic junction. A traffic police constable is seen regulating the traffic just on the other side of the road. I do not know what has prevented the traffic police from looking into this matter," said Palani S, a pedestrian.

Stating the electrical junction box lying on the footpath is unsafe for pedestrians, Vinod Jacob of Namma Bengaluru Foundation has said that Bengaluru can't have junction boxes, cables, and wires, which can be fatal for pedestrians. "The walkability of footpaths in our city is poor with these obstructions. Though the government has spent and made good footpaths in the smart city projects, encroachment of cables, wires, junction boxes makes it difficult for pedestrians to use these footpaths easily," he said.

When notified about the issue, Kishore Bharani, the Assistant Commissioner of Police (Traffic) for the East Sub Division, assured that he would investigate the matter.

Satish Rao, a Social Worker from Indiranagar has said the open electrical junction box is located at a high pedestrian density area. " The live electrical junction box is not protected on all sides. It poses a severe electrical hazard to pedestrians especially when it rains and the area around this box is wet. I hope the Bangalore Traffic Police (BTP) will take care to insulate the box fully and relocate it to a higher level to enhance the safety of pedestrians in its vicinity. Are we waiting for an electrocution accident like what happened at Hope Junction, Whitefield a few months back before undertaking precautionary measures?" asks Satish Rao.

> **"Though the govt has spent and made good footpaths in smart city, encroachment of wires and junction boxes makes it hard for pedestrians to use them easily**
>
> –Vinod J, NB Foundation

K'taka targets illegal immigrants: 150 deported, more actions planned

Home Minister G Parameshwara announces that Congress govt is deporting undocumented migrants while intensifying efforts against drug issues

Karnataka Home Minister G Parameshwara stated on Monday that the Congress government will initiate action against illegal immigrants settled in the state and deport them to their respective countries.

Answering a question about Bengaluru becoming a haven for illegal immigrants from Bangladesh, Parameshwara said that the authorities are frequently and continuously tracking down illegal immigrants in the city.

"Whether they are from Bangladesh, African countries, or any other country, if illegal immigrants arrive, we will take action and deport them. We have to inform the embassies and high commissions of the respective countries, and then illegal immigrants will be sent back when those nations agree to it," he stated.

"I have answered a question in the session and made a statement that 150 persons have been deported from the state in connection with cases related to narcotic drugs. Many from Bangladesh have been deported. There are instances of taking them to the Bangladesh border and deporting them," he informed.

"We are vigilant. If there are illegal immigrants, we will take action. Those who make fake documents are also caught. They will be caught and action will be taken," he added.

When asked about the drug menace affecting youth and students, Parameshwara said, "The police have different ways and means to tackle the situation, and they will make use of them. We have taken up a large-scale campaign in this regard. Our officers are visiting schools and colleges, creating awareness programmes. If anyone is found to be involved, immediate action will be taken. The drive is taking place continuously." **–IANS**

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Tree threat
Promenade Road

The trees on Promenade Road, Shivan Chetty Gardens, near Kamala Mansions are in danger of falling onto the road.

Fume hazard
Jayanagar

The new establishment across from Jayanagar Police Station, 4th Block, is emitting fumes into nearby offices and has an incorrect license address. It lacks a sanitary connection and uses side drains, risking a breeding ground for mosquitoes.

Parked vehicle
Chikkamaranahalli

The vehicle has been parked for an extended period on 5th Cross, Noble Residency Road, Chikkamaranahalli, near Galaxy Supermarket, causing inconvenience to commuters.

KAUSHIK JN

Faith & sacrifice

Devotees offer their prayers and sacrifices during the Kavadi Festival, worshipping Lord Murugan, the Hindu god of war, on Monday in Bengaluru

Jumbo 'addicted to trash' captured, shifted to safety

Forest officials relocate elephant to Bannerghatta Zoo; locals raise suspicions over presence of one more tusker in area

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The forest officials of Karnataka have successfully captured the elephant that killed three people in Bannerghatta National Park (BNP) over the last ten days. "We have captured the elephant that had caused many human-elephant conflicts over the last one and a half years. The elephant was also involved in more than one of the recent three human deaths at BNP," said Prabhakar Priyadarshi, Deputy Conservator of Forest, BNP.

The capture operation of the wild elephant began on Monday morning after receiving the Principal Chief Conservator of Forests (Wildlife) and the Chief Wildlife Warden of Karnataka permission. It was carried out by special teams of elephants brought in from the Nagarhole and Dubare elephant camps. Led by elephants Prashanth, Bhima, Mahendra, and Harsha, the team included eight elephants. "The makhna was shifted to Bannerghatta Zoo Kraal by 4:30 pm on Monday, as per the instruction of PCCF (Wildlife)," the DCF said.

The Karnataka Forest Department (KFD) decided to capture the makhna, popularly known as Bannerghatta makhna, after representations from local communities and political leaders. Before the operation involving more than 100 KFD staff on Monday morning, the elephant was tracked by the department.

Wildlife conservationists and researchers that BM spoke with said that the elephant was a regular at a garbage dump site near the BNP parking area. "The elephant captured was addicted to a garbage dump in the parking area in Bannerghatta and developed fearlessness towards human beings. However, sometimes BNP management decided to get rid of the garbage spot that left the makhna wandering. The wild elephant also used to visit Bannerghatta elephant camp and was exposed to female elephants. So the incidents involving the elephant were our doing," said Ramesh Belagere, a wildlife researcher at the Foundation of Ecology and Education Development.

Forest officials and special teams of elephants at the capture operation site

Possibility of another tusker

Some local researchers also allege that while all three incidents of human deaths are being attributed to the makhna that was captured on Monday, there might be another single tusker involved. "People in the Kanakapura area have reported seeing another single tusker that roams around on streets mostly at night. Both the elephants were attracted to garbage dumps," alleged a wildlife conservationist in the area.

However, KFD officials have denied these claims. "We have not received information regarding a second elephant in the area. Moreover, there are slim chances of the makhna being attracted to and visiting the parking area. To do so, he would have to cross three to four gates, which are mostly locked," added DCF Priyadarshi.

> **People in Kanakapura area have reported seeing another single tusker that roams around on streets mostly at night**
>
> –Wildlife conservationist

Byju's insolvency plea adjourned

Byju's founder, Byju Raveendran's plea against the insolvency of Think & Learn before the National Company Law Appellate Tribunal (NCLAT) was adjourned on Monday as one of the members of the bench recused from the hearing. The matter will be placed before a bench headed by NCLAT Chairman Justice Ashok Bhushan, who will assign a different bench to hear the matter.

Raveendran had filed a petition challenging the initiation of insolvency proceedings against Think & Learn, which runs edtech company Byju's. The matter was listed on Monday before a two-member Chennai-based bench of the NCLAT comprising Justice Sharad Kumar Sharma, Member (Judicial), and Jatindranath Swain, Member (Technical).

However, Justice Sharma recused himself from the hearing, saying he had appeared as counsel for the Board of Control for Cricket in India (BCCI) before his elevation. "I have appeared as a senior counsel for the BCCI. Since they are the main beneficiaries of this order, I cannot take this up," said Sharma.

The Bengaluru bench of the National Company Law Tribunal (NCLT) on July 16 directed Corporate Insolvency Resolution Proceedings (CIRP), admitting the plea filed by the BCCI. The BCCI had approached the NCLT under the Insolvency and Bankruptcy Code (IBC) over a default of Rs 158.9 crore by Think & Learn. NCLT has suspended the board of Think & Learn as and appointed an interim resolution professional to take care of the debt-ridden firm. Raveendran challenged the NCLT order before the appellate tribunal, NCLAT. He has also approached the Karnataka High Court, which on July 26 deferred Raveendran's plea to July 30. At the high court, Raveendran challenged the validity of the order and the suspension of the NCLT order until the NCLAT hears the appeal. —PTI

Mekedatu project waits for Centre's nod again

Cauvery Water Commission is now in-charge of deciding future of project that proposes construction of dam across Cauvery, CM says his govt willing to hold talks with TN

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With the Cauvery River in spate, the demand for Mekedatu balancing reservoir has resurfaced. Cauvery Water Commission (CWC) is now responsible for evaluating the project's technical and economic feasibility. Karnataka is pressing the central government for permission to construct the reservoir, while neighbouring Tamil Nadu strongly opposes the project. CWC will now move forward with addressing this contentious issue.

The Government of Karnataka has proposed constructing a dam across the Cauvery River at Mekedatu. This project includes a balancing reservoir to enhance the drinking water supply for Bengaluru, with the added benefit of incidental power generation. The plan involves building a 99-metre-high, 735-metre-long concrete gravity dam, an underground powerhouse, and a water conductor system. The project aims to utilize an additional 4.75 Thousand Million Cubic feet (TMC) of water for drinking purposes in Bengaluru and surrounding areas in the Cauvery basin. It also seeks to regulate 177.25 TMC and generate 400 Million Watts of power annually. The estimated cost of the project is Rs. 9,000 crore, based on 2018-19 prices.

In response to a parliamentary inquiry, the central government noted that Tamil Nadu's Water Resource Department has raised objections to the Mekedatu dam.

Leaders at an all-party meeting on Cauvery, Mekedatu and Mahadayi water dispute (file photo)

"We are ready for discussions. Though the Mekedatu project doesn't pose any problems for Tamil Nadu, they are unwilling to engage.
–Siddaramaiah, Chief Minister

Tamil Nadu has submitted a memorandum to the Government of India, stating that the project violates the Supreme Court's order and could severely impact the state's farming community, jeopardizing their livelihoods and legal rights.

CWC granted consent for the preparation of the Detailed Project Report (DPR) for the Mekedatu Balancing Reservoir cum Drinking Water Project in October 2018, with certain conditions. Karnataka submitted the DPR in January 2019, which the CWC then referred to the Cauvery Water Management Authority (CWMA). The CWMA later decided to return the project to the CWC for further examination.

Chief Minister Siddaramaiah said on Monday that his government is willing to discuss the Mekedatu project with Tamil Nadu. "If the central government grants the necessary permissions, we are prepared to implement the Mekedatu project. We are ready for discussions. Though the Mekedatu project doesn't pose any problems for Tamil Nadu, they are unwilling to engage. Deputy Chief Minister DK Shivakumar, also the Water Resources Minister, recently urged the Tamil Nadu government to support the Mekedatu project, highlighting its potential benefits for both states," he said. In February, Siddaramaiah announced the establishment of a dedicated Project Division and two Sub-Divisions to implement the Mekedatu Balancing Reservoir and drinking water project. He also mentioned that surveys and tree counting processes for the project are underway, with efforts to expedite the commencement of work once all necessary clearances are obtained.

Police denies permission for Mysuru padyatra

Karnataka Home Minister, G Parameshwara stated on Monday that the government will not give permission for Bharatiya Janata Party's padyatra from Bengaluru to Mysuru, but won't stop it either and all safety arrangements would be made for it.

The BJP is organising the padyatra to Chief Minister Siddaramaiah's native in connection with the Mysuru Urban Development Authority (MUDA) case. Speaking to reporters in Bengaluru, HM stated, "We will not give permission for the BJP's padyatra to Mysuru. In spite of that, if they want to conduct the foot march, let them do it. However, the police department will not give permission officially."

When asked whether the BJP leaders would be stopped, HM clarified, "When the Congress staged a foot march, the ruling BJP did not give permission. But we still carried out the foot march. Let them do it, we will not prevent them. We will ensure safety and security and we will allow them to take a protest march to Mysuru."

"There is a judicial commission appointed to investigate the MUDA case. If the findings of the committee implicate the accused, action would be taken," he maintained.

When asked whether the Congress is planning a counter move, he stated that state Congress President and Deputy CM, DK Shivakumar is strategising about countering the protest march by the BJP.

"We have to do it. They are pursuing politics and we will also have to counter it politically. But, we will not make use of the government to pursue politics. We will organise it from the party. We have clarified that we have formed a commission and given terms and references," Parameshwara stated. **–IANS**

BM Trippin' Tales

Consumer Connect Initiative

Entry to Sangama barred due to increased water levels

Tourist spot notorious for deathly whirlpools, cost hundreds of lives in the past

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TWEETS @sridharvMIRROR

Due to the overflow of Cauvery River, the district administration has banned tourists from visiting the Sangama-Mekedatu tourist spot. This is a result of 1.65 lakh cusecs of water being released from the Krishna Raja Sagara and Kabini reservoirs on Saturday morning. Consequently, the district administration has issued high alert, as the water level in the river has surpassed the danger mark, causing serious concern among authorities.

To access Mekedatu, one must first reach Sangama, the point where the Cauvery and Arkavathi rivers converge. From there, visitors need to cross the Arkavati river, either by boarding a coracle or on foot when the water level is low. However, now with increased water flow, tourists are not being allowed. According to locals, Sangama and Muttati are well-known for their treacherous whirlpools. Many people, despite warnings, venture into the river and find themselves trapped by these powerful currents, which can sweep them away in mere seconds. Even those attempting to rescue drowning individuals often fall victim to the whirlpools. Muthathi, in particular, is a notorious riverbed where hundreds of Bengalureans have lost their lives over the years. Additionally, many visitors to Muthathi and Sangama consume alcohol before entering the water, which significantly contributes to the high number of tourist fatalities.

After water got released to KRS and Kabini, water levels have risen

Although signboards at these locations display the number of drowning incidents, there are no restrictions on tourists accessing dangerous areas. Visitors often feel compelled to enter the water, and the sharp edges of the rocks can cause injuries, leading to panic and further increasing the risk of being swept away by the current. Regardless of swimming ability, it is crucial to avoid entering the water in these areas. In the past six years, 780 tourists, mostly young students and techies visiting during weekends or holidays, have lost their lives by drowning in whirlpools at popular destinations in Karnataka, particularly at Sathanur and Muthathi.

Lakshya triumphs over Carraggi

Sen beats Julien in men's singles badminton; Singh's goal salvages draw for hockey team

India shuttler Lakshya Sen from Bengaluru defeated Julien Carraggi of Belgium in the Group L men's singles badminton match at the ongoing Paris Olympics on Monday.

The Indian defeated his Belgian opponent in straight sets 21-19, 21-14 win. The match lasted for 43 minutes at the La Chapelle Arena.

Lakshya overcame a four-point deficit to win the first game and dominated the second against Carraggi.

On Sunday, Lakshya's dominating win over Guatemala's Kevin Cordon in the badminton men's singles Group L match was "deleted" after the Guatemalan pulled out of the multi-sport event due to a left elbow injury.

According to Olympics.com, Cordon has withdrawn from the Paris Olympics, so his upcoming Group L matches against Indonesia's Jonatan Christie and Belgium's Julien Carraggi will not take place.

As per the Badminton World Federation General Competition Regulations for group stage play, the result of the match between Lakshya Sen and Kevin Cordon was deleted.

The Indian shuttler will be ranked based on the results of his remaining two matches in Group L. On Saturday, Lakshya defeated Kevin Cordon 21-8, 22-20. Lakshya won in straight sets with the match lasting 42 minutes.

Lakshya Sen playing against Belgium's Julien Carraggi

Hardik Singh of Team India acknowledges the crowd following match between India and Argentina

The Indian shuttler got off to a flying start after winning the first game 21-8 in 14 minutes. Cordon pulled things back, taking a commanding lead in the second and had four game points. However, the 22-year-old Indian turned things around by winning six points in a row to wrap up the game and match.

India's campaign in women's doubles badminton at the Paris Olympics 2024 came under serious trouble as the pair of Tanisha Crasto and Ashwini Ponnappa were defeated by the world number four pair of Nami Matsuyama and Chiharu Shida of Japan on Monday.

Crasto and Ponnappa lost to the world number four pair by 11-21, 12-21 in a one-sided second Group C clash.

Harmanpreet saves day for India

Captain Harmanpreet Singh's late penalty corner strike helped the Indian men's hockey team come back from the brink of defeat to salvage points against Rio 2016 winner Argentina in their second Pool B match in the 33rd Olympic Games here on Monday.

Harmanpreet converted the crucial penalty corner in the 59th minute of the match to negate Lucas Martinez's first-half goal as the team maintained its chances of reaching the quarterfinals of the hockey competition.

Despite dominating ball possession throughout the match, the Indian forwards struggled to score against Argentina for the first three quarters.

It wasn't until the final minute that they finally broke through, securing their unbeaten streak in the event. Credit also goes to goalkeeper P.R. Sreejesh, who kept India in the game until Harmanpreet's crucial goal just before the final whistle.

The match was goalless in the first quarter as both teams tested each other. In the second quarter, Lucas Martinez scored in the 22nd minute, giving the 2016 Rio gold medallists an early lead.

In the third quarter, Argentina missed a chance to extend their lead when Maico Casella's penalty stroke was saved by Indian goalkeeper Sreejesh. In the final quarter, India dominated and earned consecutive penalty corners. Harmanpreet scored from the second corner to equalise, resulting in a 1-1 draw, with both teams taking a point.

HIGHLIGHTS

Babuta misses medal, finishes fourth

#OLYMPICSHOOTING

Arjun Babuta missed out on what would have been India's second medal at the 2024 Paris Olympics as he finished fourth in the final of the men's 10m air rifle. Following the loss, the shooter opened up on what this day meant for him and what he learnt from the close defeat.

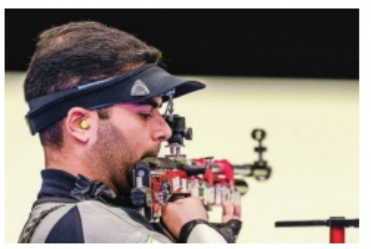
"Disheartening for sure but I would say it is what it is for today and if it was meant to be, it would have happened. I believe in luck and it was not my day," Babuta said.

"This one day does not define me or my shooting. I will switch off for a while and then come back with the medal energy, no matter how hard you try even if you put in a hundred per cent, I learnt that you can never say for sure you're going to win. You have to try your best," added the 25-year-old.

Arjun's bid to win India's sixth-ever medal in shooting in Olympics history saw him enter the final two elimination series tied with Croatia's Miran Maricic at the score of 167.8 points with Swedish shooter Victor Lindgren trailing by just 0.1 points but gave away the advantage in the final two rounds of the elimination shootout and was eliminated with a score of 208.4.

Arjun further emphasised what playing in the Olympics means for an athlete " Pressure to play at the Olympics is present. Because it only comes once in four years and the entire country pins their hopes on you. But you have to stay true to your process," concluded Babuta.

—IANS



Fayis Asraf Ali in Paris

Cyclist pedals 22,000 km from Kerala to cheer for Chopra

India's star athlete Neeraj Chopra will have a special supporter at the Paris Olympics, a Kerala cyclist who has travelled from Calicut, riding more than 22000 kilometres over two years.

Fayis Asraf Ali's arrival in Paris marked the end of a remarkable journey on his Surly bicycle, spanning 30 countries since August 15, 2022. Ali embarked on this mission to cycle from "India to London" to promote peace and unity.

After cycling through 17 countries, he stopped in Budapest one August afternoon last year and discovered that the Tokyo Olympics gold medallist was staying just across the street. The star javelin thrower was in town with the athletics team for the World Championships, where he achieved another historic victory. A few hurried calls to a known Kerala coach led to a dream meeting with his sporting idol.

"I got a few minutes to talk to the Indian athletes and Neeraj told me 'You are going to London, why don't you come to Paris for the Olympics'," Ali said.

"I thought it would be a wonderful opportunity to see him again in Paris so I altered my plan and procured the required visa and cycled to the UK before ending my journey here. I am so excited to meet him again. I'm here to see him create history again," he added.

Ali carries four pairs of clothes, a tent, a sleeping bag and a mat that takes the total weight of the cycle to 50kgs. "I never stay in a hotel. Visa is all you need to cross the border, a cyclist does not need any other documentation," he added.

He initially bought a ₹13,000 bicycle to get accustomed to riding before planning his first solo trip from Calicut to Singapore. Upgrading to a ₹1 lakh bike designed for long journeys, he later invested in a ₹2.5 lakh advanced bicycle for his Paris trip. He embarked on his first journey on August 7, 2019, and reached Singapore on November 21, covering 8,000 kilometres across seven countries.

"Rotary arranged my trip and I got a few sponsors. But my biggest supporter was my wife who took care of both my kids and the family. So I just had to embark on my journey," he said.

He starts after sunrise and clocks on an average 150kms a day, depending on the route and stops.

—PTI

In 4 urban taluks, water table dropped by 4+ mt

CONTINUED FROM PAGE 1

that all four taluks in Bengaluru Rural have registered a drastic drop in the water table this year. While Hoskote, Nelamangala, and Anekal have registered a drop of more than four meters below ground levels, in Doddaballapur, the water table has dropped by nearly two metres.

Concrete issue

The increase in concretised surface due to rapid growth and the higher rate of groundwater extraction are the prime reasons behind continuously dropping groundwater levels in urban taluks, opine experts. "Groundwater table cannot improve if rainwater does not percolate. We are increasing impervious surfaces very fast, not just in the city, but on its outskirts as well. This is being reflected by constantly dropping levels of groundwater," said a city-based researcher.

The issue of rapid urbanisation has been highlighted by various studies done in the past. According to a Land Use Land Cover (LULC) study conducted a year ago by Hyderabad-based researchers using satellite imagery, between 2003 and 2021, Bengaluru lost over 59% of its green cover and increased its built-up area by nearly 98%. While in 2003, 389.17 sq km of the area was under vegetation, this has gone down to 158.77 sq km in 2021. The total built-up area in 2003 was recorded to be 244.17 sq km, and this has surged to 485.2 sq km in 2021. Bengaluru's water bodies and areas around them were the source of constant recharge. However, the siltation and development of concrete surfaces around the city's lakes have compromised this aspect.

"In addition to these issues, indiscriminate digging of bore wells has led to overexploitation of the water table. Authorities such as the Karnataka Groundwater Directorate and Bangalore Water Supply and Sewerage Board (BWSSB) need to take measures or we will soon run out of this precious resource," said the researcher.

In crypto world, the hacker is God

In the foggy world of cryptocurrencies, a faceless hacker in Hamhung or Ramnicu Valcea is the unconquerable Lucifer. When such a cyber villain invades to cripple a system, it is a calamity as unstoppable as an earthquake or pandemic. Traders whose coins and funds are frozen at WazirX -- the Indian crypto exchange that was recently hit by a massive cyber heist --- are now discovering this from the fine print of the terms and conditions they had hitherto ignored.

What is coming to the fore in the wake of the WazirX fiasco is that unlike banks or stock exchanges most local crypto platforms categorise 'cyber breach' as a 'force majeure' event (or, an 'Act of God') in their 'terms of use' that investors signing in to open accounts rarely read. But for traders a 'force majeure' clause may legally shut the doors for claiming lost assets after such a disaster.

When is it a Force Majeure event?

Amid countless cyberattacks, the incident has also raised a bigger question: can, and when, a malware attack be classified as a 'force majeure' event? And, can a service provider escape liability?

According to Supreme Court senior advocate NS Nappinai, "In the opaque world of crypto, contract is king. The terms are invariably captured in standard form contracts and not negotiated. Including a wide array of circumstances in a force majeure is standard practice but the same is ring fenced by those circumstances which are beyond the control of the offeror. Whilst any outcome beyond the control of the offeror may be included in a force majeure it will not automatically protect the party from liability."

"The party would still be required to demonstrate that all foreseeable preventive and protective measures were taken to mitigate risks. An exemption from liability cannot be treated as a waiver of responsibility," said Nappinai who founded Cyber Saathi, an organisation focusing on cyber laws and remedies.

A WazirX spokesperson said that most virtual digital asset service providers and some of the stock brokers include cyber breach as a force majeure event because such attacks are often beyond reasonable control of the service provider.

About $235 million (nearly Rs 2,000 crore) worth assets were stolen on July 18, 2024 following an attack on a WazirX crypto wallet managed by Liminal, a digital custody provider. It was a multi-sig wallet --- requiring multiple signatures (of WazirX and Liminal) to approve a transaction. Ongoing investigations may identify the point of breach and lapses.

The WazirX official claimed the platform followed "stringent security measures" and Liminal provided "advanced security infrastructure". Despite this, the attacker, speculated to be the North Korea-based Lazarus group, circumvented the security layers, said the person.

Rival crypto exchanges agree that a platform beaten by a third-party malware attack may justify it as a force majeure event provided reasonable security measures are implemented. "The concept of force majeure includes, both, 'act of god' and 'act of people'. The force majeure will be governed by the contract executed between the user and exchange," said Tushar Tarun, legal head at CoinDcx, one of the largest exchanges.

Regulatory Void

However, in a regulatory void, there are no cyber security measures laid down by any regulator or central authority that crypto exchanges should follow. In India crypto is neither banned (like China and Bangladesh) nor allowed with restrictions (like the US, UK, and UAE). But crypto trades and profits are heavily taxed and exchanges are directed to curb money laundering rules.

"If a Rs2000 crore fraud had happened in a brokerage or stock exchange, there would have been a hue and cry. Here, the government does not seem to be bothered. And traders who evaded tax or moved around money would not speak up," said an industry official.

A spokesperson for the industry body Bharat Web3 Association (BWA) said its members (the crypto exchanges) have agreed to follow the guidelines on consumer protection and token listing. "Our member firms adhere to best practices in cyber security.. All of us are committed to learning from such incidents and using them as a catalyst to strengthen our initiatives," said BWA. **By Sugata Ghosh, ETtech**

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I, Srinivasa Setty Lakshmi Devi W/o M V Srinivasa Shetty R/o 17/35 Yellappa Street Chikkamavalli B'lore-560004 have changed my name to lakshmi Devi Srinivas.

I, Rafseena Kariyadan Manokoth W/o. P. Noufajan, Residing at No.10/441, Sithara East Palloor, Gramathi, Chokli, Puducherry 670672 have changed my name to RAFSEENA KARIYADAN NANIKOTH vide affidavit dated 26.07.2024 Sworn before notary: V.Anjanappa, B'lore

I, Suparna Kergodu Sathya Murthy W/o Kamalesh Adhikary R/o Apoorva Dew Drops Apts, 02 306 B, 3rd Flr, Anjanapura, JP Nagar 9th Phase, B'luru 560108 have changed my name to Suparna Adhikary for all purposes

I, Sai Gunaranjan Suresh Jain S/o Suresh Chand Jain R/o sai sadan No 486 10th Main 8th Cross Jeevanbhimanagar B'lore-560075 have changed my name to Sai Gunaranjan Jain for all purposes

I, Sakkaben Adam Shaikh Moshin W/o Adam Moshinbhai Challawala R/o 8,2nd floor Ameena Beau Fort Apts kalasipalyam B'lore-560002 have changed my name to Sakkaben Adambhai Challawala.

I, Naseer Ahemed S/o Nazeer Ahamed R/o #83 4th Cross RBI Extn Rajanna layout Jayanagar 3rd Block East B'lore-560011 have changed my name to Naseer Ahmed.

I, FAIYAZ AHAMED S/o M Abdul Ghani R/o No:- 104 2nd Cross 2nd Main Kasturiba Nagar Bangalore 560026 have changed my name to FAYAZ AHMED for all purposes

I Prajwal Srinivasa Dhondaley S/O, D.m.srinivas R/o N0-799,14th Main,50th Cross,near M K Bushra Store, Rajajinagar 3rd Block, Bengaluru-560010 have changed my name to Prajwal Srinivas Dhondaley.

I, Mohammed Naseer Ahmed R/o #83 4th Cross RBI Extn Rajanna layout Jayanagar 3rd Block East B'lore-560011 have changed my name to Naseer Ahmed.

I, Saswat Panigrahi, R/O A202, Oceanus Triton, Bellandur Post, Off Sarjapur Rd, Bengaluru -560103, have changed my name to Saswat Panigrahy.

I, Dwivedi Dolly Umanath D/o Shri Umanath Ramnewaj Dwivedi w/o Vinay Joshi R/o GF/04, 1st floor, SS Mitra Enclave, Tippasandra road, Doddakallasandra dist., Bengaluru, have changed my name to Sonia Vinay Joshi.

LOST & FOUND

I K S NEELAMMA R/o 34, Gurudarshan Lyt, VR Pura, Bluru 97 hv misplaced Absolute Saledeed No 4830/2000-01 dtd 15-12-2000 issued from Yelahanka Sr Sub Registrar for Site No 19, RC Pura Gram Thana K No 340/341/19, DBS Bluru.If found Return Cont No: 7259671226

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Make and break situation at storm water

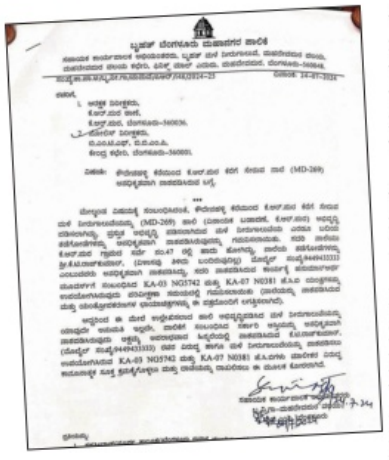
CONTINUED FROM PAGE 1

I want you to take suitable action against the accused for damaging the BBMP property," the BBMP assistant executive engineer said in the complaint.

Land mafia 'rules the roost'

Residents of Kowdenahalli and Ramamurthy Nagar said the land mafia rules the roost in the area and no one has the courage either to complain or question them. They said encroachment of storm water drains is rampant in KR Puram Assembly constituency.

"The problem with the BBMP Storm Water Drains Department is the lack of monitoring, supervision or inspection. The BBMP authorities are not bothered to clear the encroachment of storm water drains in the area. The width of the storm water drain is not even two metres at some locations," said a resident pleading anonymity.



The copy of the complaint lodged by BBMP Assistant Executive Engineer (Storm Water Drains) against KR Rajkumar for demolishing the storm water drain

A resident of TC Palya said that it was he who informed the BBMP authorities about Rajkumar. "I thought the earth moving machines were being used to level the land. I was shocked when I saw that the machines began demolishing the retaining wall of the storm water drain.

I asked them to stop the demolition of the wall but in vain. I informed the BBMP Storm Water Drain Department.

The Assistant Executive Engineer visited the spot and stopped the demolition work and lodged a complaint with the police," the resident said.

Meanwhile, BBMP Chief Engineer (Storm Water Drains) BS Prahlad said that stringent action would be taken if anyone found either damaging or encroaching the storm water drains in the city.

"We have already lodged a complaint with the jurisdictional police and the BMTF to take a suitable action against those responsible for demolishing the retaining wall of the storm water drain near Kowdenahalli Lake," said Prahlad.

HEALTH TIP: Blueberries are rich in fiber, manganese, potassium, vitamins C and K

Carotenoids in carrots help to support our immune system and eyesight

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ZIT BUSTER

Top 5 safe and effective home remedies for acne

Picture the following situation: you have an important event coming up tomorrow, something that you've been looking forward to for a long time. Maybe a friend's birthday party, maybe the beach vacation of your dreams, an ex's wedding, or anything else that you've been waiting for. You wake up on the day of the event, and you have a big fat pimple or acne breakout. We bet you've been there. In today's fast-paced lifestyle, acne is an extremely common problem.

Acne can diminish self-confidence, make you feel low, and affect your overall self-image. Going to a dermatologist for acne treatment can be expensive, and not accessible to everyone. But don't you worry, we are here to help you get rid of these pesky pimples at home, with some acne remedies you can do all by yourself, in the comfort of your house.

What Causes Acne?

To figure out how to get rid of acne at home, we must first understand what causes acne. Acne can be caused by a number of things, such as stress, poor eating and sleeping habits, hormonal imbalance, acne-causing bacteria, pollution, and so much more. It's hard to avoid all of these things, and in turn, avoid getting acne at all. Prevention might be better than cure, but it doesn't always work.

Sometimes, no matter how much you try to prevent it, you get acne and breakouts. It's important to remember that getting acne is completely normal. It happens to a lot of people, and it should never diminish your sense of self-worth. That being said, it is also completely understandable to want clear and healthy skin. Let's look at some simple ways in which you can treat your acne at home.

1 Apple Cider Vinegar

Wouldn't it be nice if you could cure your acne with something that's probably lying on your kitchen countertop? Well, you can! Apple cider vinegar is a cheap and accessible ingredient that, if used correctly, can zap those pimples that have been annoying you for days. Apple cider vinegar contains acetic acid which has strong anti-bacterial and keratolytic properties. Keratolytic refers to its ability to remove skin lesions.

Apple cider vinegar contains AHAs, or alpha-hydroxy acids such as lactic acid, citric acid, malic acid, and acetic acid, which have been scientifically proven to act as exfoliating agents which scrub away dead skin cells to reveal fresh, glowy skin underneath. Apple cider vinegar can be used as a toner that will exfoliate your skin and help you treat hyperpigmentation along with acne. Mix 1 part of apple cider vinegar with 3 parts of water in a spray bottle and spray it on your face after cleansing.

2 Tea Tree Oil

Tea tree oil has long been known to have anti-bacterial and anti-inflammatory properties that are really helpful for healing acne. Terpene, a common oil that kills microbial activities on the skin, is found in tea tree oil. Terpene fights acne-causing bacteria, protecting the skin from acne-causing germs and minimising acne eruption.

Not only that but when applied properly, tea tree oil cleanses your skin's pores and inhibits the formation of bacteria in them. Tea tree oil can directly be applied to pimples with a Q-tip, or it can be diluted with a carrier oil to attain clear skin.

3 Aloe Vera

Aloe vera has been investigated in combination with conventional anti-acne medicine, with encouraging results. Try these home treatments if your acne is mild to severe and you're seeking a gentle approach to calm your skin.

1. Aloe Vera and Lemon Juice Face Mask

A face mask with aloe vera and lemon juice will refresh and energise your skin while cleaning your pores and killing some of the bacteria that may be causing your acne. Use pure aloe vera as the foundation for this mask, adding around 1/4 teaspoon of lemon juice to 2 tablespoons of aloe vera.

2. Aloe Vera and Tea Tree Oil Cleanser

Because tea tree oil is a recognized antibacterial and acne-fighting component, combining it with aloe vera may result in a visible benefit. Combine aloe vera, filtered water, and 2 to 3 drops of tea tree oil before gently applying the mixture to your face. After approximately a minute, rinse and massage your skin dry.

3. Aloe Vera, Sugar, and Coconut Oil Scrub

Exfoliating your skin removes dead skin cells that can clog pores. Raw or white cane sugar can gently sweep away these old cells, allowing aloe vera to permeate your skin and encourage new skin development. Coconut oil contains antimicrobial qualities and acts as a natural emollient. The primary acid in coconut oil has been examined and proven to be a viable acne therapy.

Combining all three will leave the skin feeling smooth and invigorated. Make your foundation with coconut oil by combining 1/2 cup coconut oil with 1/2 cup raw or white sugar and thoroughly mixing. Pour in 1/4 cup pure aloe vera gel to make an exfoliating blend that may be stored in the fridge. To apply, gently scrape the mixture over your face, avoiding the eye region. After use, thoroughly rinse with water.

4 Honey

Honey is a natural element with several advantages; ingesting honey may be highly healthy, and it is an excellent sugar alternative. One of the many reasons honey is helpful to the body is that it possesses antimicrobial qualities. Acne is caused by bacteria, hence honey can be an excellent acne treatment. Try some of these home remedies to extract some wonderful benefits of honey to cure your acne.

1. Honey and Apple Cider Vinegar Mask

Combine a teaspoon of apple cider vinegar with a teaspoon of water, then add a teaspoon of honey. Apply it to a cleansed face and leave it on for 15-20 minutes before rinsing it off.

2. Honey and Cinnamon Spot Treatment

Honey and cinnamon are the ideal combinations for acne therapy. This might be due to the fact that cinnamon has anti-inflammatory characteristics, and when combined with honey, the two can soothe acne and produce speedier results.

Here's how to make your own cinnamon and honey acne spot treatment. Make a thick paste with a teaspoon of cinnamon and enough honey. Mix thoroughly and use the mixture as a spot treatment solely on the acne. After a few hours, wash it off with a gentle cleanser.

3. Honey and Neem Face Mask

Neem has powerful antibacterial qualities and is used to treat bacterial infections as well as acne. The use of neem oil or neem powder on the face regularly is reported to help with a variety of skin issues, including acne. When combined with honey, it becomes more effective in treating acne. To make your neem and honey acne face mask, combine crushed neem leaves or dried neem leaves powder with honey to make a paste. Then apply it to your face and rinse it off with lukewarm water after it has dried. Repeat daily until your acne has cleared up.

5 Turmeric

Turmeric includes antioxidants as well as anti-inflammatory properties. These features may give the skin a sheen. Turmeric may also revitalise your skin by enhancing its natural radiance. You may make a turmeric face mask at home to test whether the spice has any beneficial benefits on your complexion. You can apply little amounts of Greek yoghurt, honey, and turmeric on your face. Leave the mask on for 15 minutes before removing it with water.

Pro-tip: Sometimes the simplest ingredients can be the best. So, try out one or more of these acne home remedies and get the clear skin you've always wanted.

—Sukriti Shahi, Femina

All you need to know about...

Protein-rich diet

No harm to kidneys

Increasing protein intake may not be linked with gastro issues and kidney problems but a high-carb diet can cause severe harm, contended health experts on Monday.

In India, protein intake is generally low, and a high-protein diet does not harm healthy kidneys.

According to the latest meta-analysis, published in the journal Frontiers in Nutrition, a high protein diet is associated with lower Chronic Kidney Disease (CKD).

The study led by Nanchang University researchers showed a lower CKD risk significantly associated with higher-level dietary total, plant, or animal protein (especially for fish and seafood) intake.

High-carb diet problems

"A high-carb diet often causes acid reflux, while increasing protein intake can mitigate this by lowering carbohydrate consumption. Conversely, a high-carb diet can lead to uncontrolled blood sugar in diabetics, potentially causing chronic disease," Shashikant Iyengar, Metabolic Health Coach, told IANS.

"Having the recommended amount of protein is not hazardous for healthy kidneys," added Dr. Sudhir Kumar from Indraprastha Apollo Hospitals, Hyderabad, in a post on X.

Recommended intake

The top neurologist explained that "for adults (above the age of 18 years), the recommended protein intake is 1 gm, 1.3 gm, and 1.6 gm per kg body weight for people engaged in minimal, moderate and intense physical activity, respectively".

According to the recent guidelines issued by the Indian Council of Medical Research and National Institute of Nutrition (ICMR-NIN), the recommended dietary allowance (RDA) for protein intake is 0.83g protein/kg/day for healthy men and women (requirements of 97.5 per cent of the population. However, the target is rarely met by most Indians, said the experts.

—IANS

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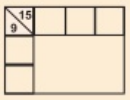
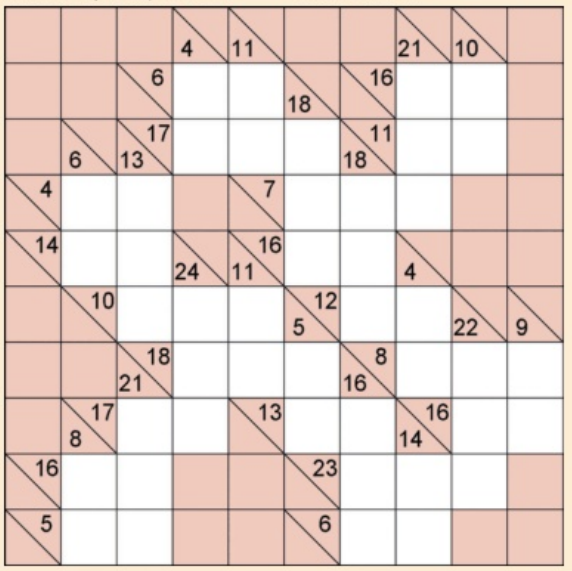
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

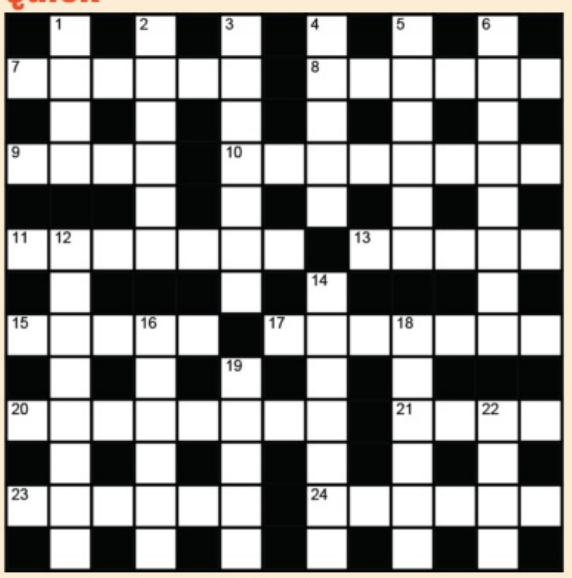


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Japanese plant growing art (6)
8 Olympic gold medallist ___ Chopra (6)
9 Maori war-dance (4)
10 SR in SRK (8)
11 Israeli parliament (7)
13 Well done! (5)
15 All taken separately (5)
17 Obtain or acquire (7)
20 Ex-Indian tennis pro Vijay ___ (8)
21 Is unwell or sick (4)
23 Doctrines of belief (6)
24 A tree such as a lemon or orange tree (6)

DOWN

1 Hindu meditation system (4)
2 Hollywood Academy Awards (6)
3 Follower of latest trends (7)
4 Pilasters formed at the terminations of a wall? (5)
5 Extreme fear (6)
6 An unopposed or easy victory (8)
12 Karnataka Rajyotsava is celebrated on the 1st of ____ (8)
14 Planned undertaking (7)
16 Attacked, struck or invaded (6)
18 Beaches or sea shores (6)
19 Come up (5)
22 ___ and clear : very distinctly (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS U

GX ONB KHR YGZI ONBL DNR NL AHBYQUIL NRTO NRI YGXU, TIU GU PI IRUQBDGHDV.

Linemaro

Wanna have my last name?

Mindchow

Don't wait for the perfect moment, take the moment and make it perfect

Joke of the day

I realised I was dyslexic when I went to a toga party dressed as a goat

Loop

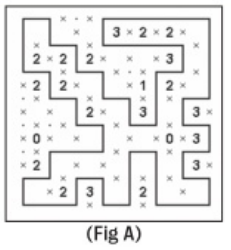
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

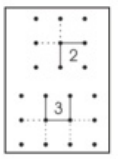
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

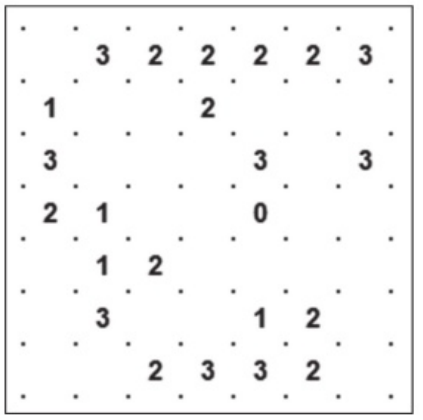
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



(Fig A)



(Fig B) Not Allowed



Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

ACROSS

1 Boo at; 6 Pye Ox;
7 Iller; 8 Sitar;
9 SS Hip

DOWN

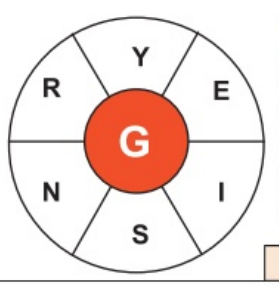
1 Aster; 2 Aphis;
3 I blot; 4 Pi lox;
5 Yores

Mensapuzzle

Below are 15 letters that form a common, everyday word. Using each letter just once, figure out what the word is

R	Y	E
N	I	T
L	L	I
A	O	A
N	N	T

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; 10 Good; 12 Outstanding

SudokuChallenge

	1			4			7	
9								2
4			7		9			3
	2		1		7		5	
	5		8		3		6	
2			4		6			1
1								8
	6			3			4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

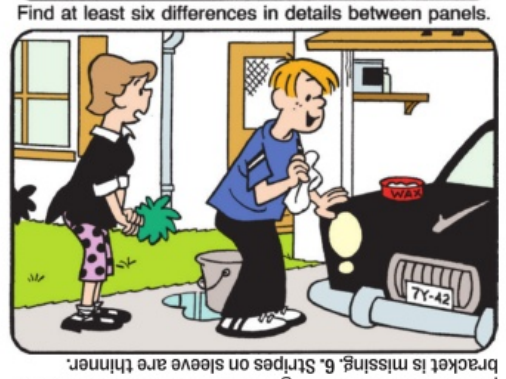
Easy = 10
3 3 3 7

Medium = 21
2 3 5 9

Hard = 6
2 5 8 5

Hocusfocus

Find at least six differences in details between panels.



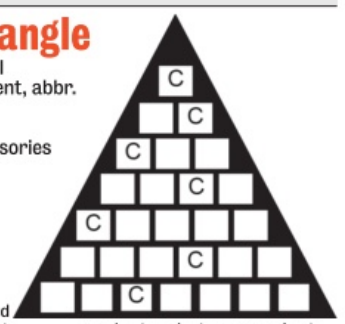
Differences: 1. Can of wax is moved. 2. Rag is missing from pail. 3. Tire is not showing. 4. Window is different. 5. Shelf bracket is missing. 6. Stripes on sleeve are thinner.

Riddler

Which word is the odd one out? Falconer Fastener Feminine Footwork Foregoes Freights

Alpha triangle

1 Atomic number VI
2 Alternating current, abbr.
3 Top off
4 Step
5 Superhero accessories
6 Set apart
7 Got away

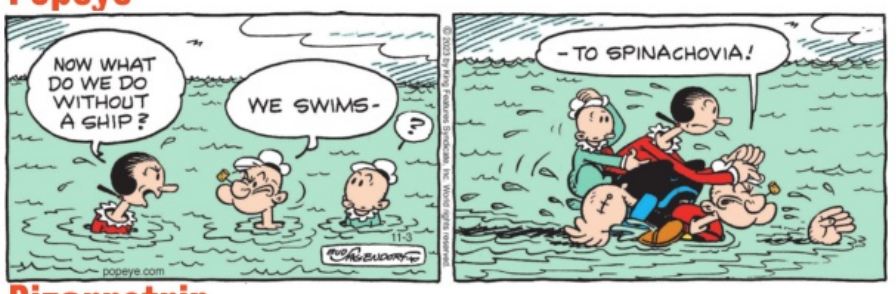


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

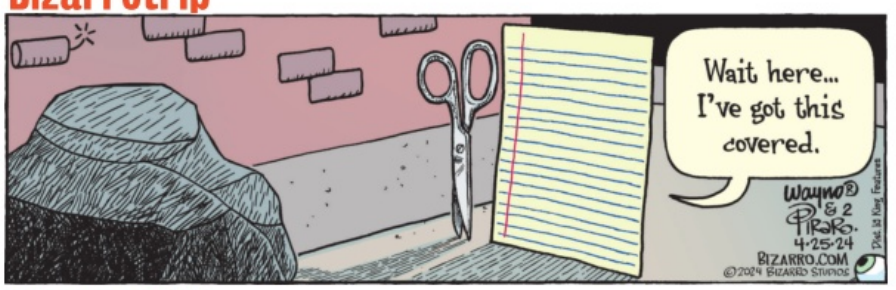
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

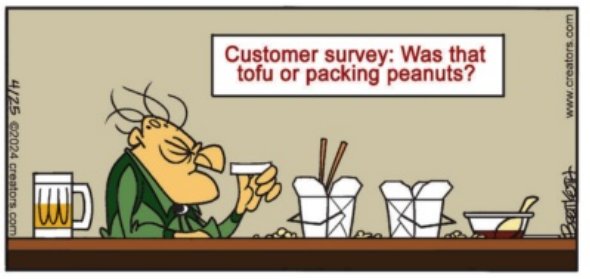
Popeye



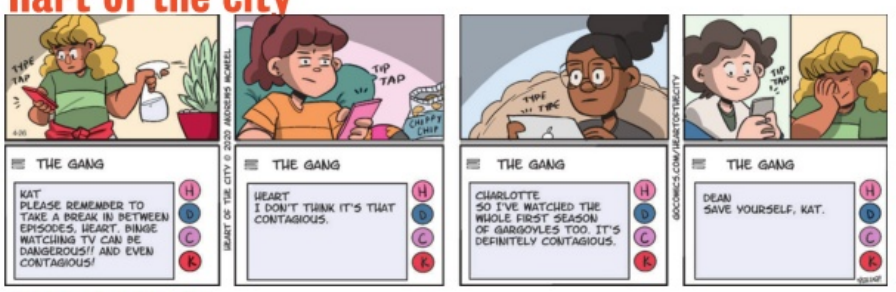
Bizarrotrip



Diamond Lil



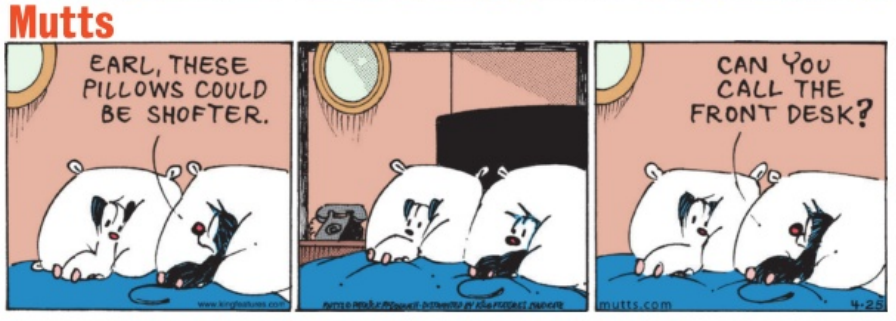
Hart of the city


THE GANG
KAT PLEASE REMEMBER TO TAKE A BREAK IN BETWEEN EPISODES, HEART. BINGE WATCHING TV CAN BE DANGEROUS!! AND EVEN CONTAGIOUS!
HEART I DON'T THINK IT'S THAT CONTAGIOUS.
CHARLOTTE SO I'VE WATCHED THE WHOLE FIRST SEASON OF GARGOYLES TOO. IT'S DEFINITELY CONTAGIOUS.
DEAN SAVE YOURSELF, KAT.

Crankshaft

YOUR 'THREE O'CLOCK HIGH' BOOK COLLECTIONS ARE BEAUTIFUL!
THANKS, BUT I'M REALLY JUST A PULP ARTIST.
The VILLAGE BOOKSMITH
MY STRIPS NEVER LOOKED BETTER THAN WHEN THEY WERE PRINTED ON CHEAP NEWSPRINT BETWEEN 'BLONDIE' AND 'LITTLE ORPHAN ANNIE'!
tombatiuk.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may plan to renovate your house. You may buy some artefacts or creative stuff which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy romantic moments with your spouse, which will increase emotional relationship. Singles may find soul mates. Love birds may take some important decision in terms of marriage.

Taurus Apr 21 – May 20
Today you may feel happy. Chronic health issues related to family members may not be cured. Money which was stuck may be recovered now and it may increase liquidity in the business. People who are in a job may get some incentives which will improve your financial health. Job seekers may get job with the help of any relative or friend's reference.

Gemini May 21 – Jun 21
Today is important for your domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to be wise while buying any household stuff or jewellery.

Cancer Jun 22 – July 23
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may obstruct your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome from the messy situation. In the evening you may be focused towards your work.

Leo Jul 24 – Aug 23
Today you are blessed by the moon and your destiny is likely be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go on a short work-related travel. Some good news may come from your siblings. You may plan to renovate your house or office where your creativity will be tested.

Virgo Aug 24 – Sep 23
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today, you may use your creativity in your office or at home, which may enhance your social status. Love birds may likely to get some support from their family members and friends for marriage.

Libra Sep 24 – Oct 22
Today messy situations are in control. You may feel peace at mind. You may be able to make a proper balance in expenditure and earnings, which may increase your savings. You are advised to avoid too much travelling or overworking, as it may affect at your health. Students can start planning for their higher studies. Love birds may enjoy their happy moments.

Scorpio Oct 23 – Nov 22
Today you may face health issues, which may make you impatient. You are advised to regulate your short temper nature. You may spend your hard-earned money in buying worthless stuffs and it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be break ups.

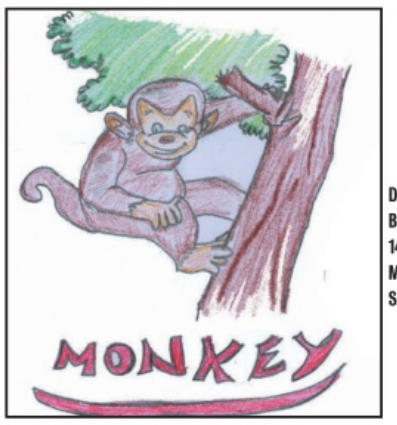
Sagittarius Nov 23 – Dec 22
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas in to your work or business. You will plan to invest more capital into your business, which may give you financial gains in near future.

Capricorn Dec 23 – Jan 20
Today your mothers' health may be good. You may enjoy at work and you may get rewards for your hard work. Your social respect may get increased. Overworking your mind may make you tired. You may not be able to reach for some family events.

Aquarius Jan 21 – Feb 19
Today you may be satisfied at work. You may plan for a short work-related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

Pisces Feb 20 – Mar 20
Today you may feel dull, it is advised to keep your mind cool. It's golden rule for you to think twice before you act today. You may travel to recover your money, otherwise you may lose your money. You are also advised to avoid going for adventure tours. Students are advised to go for higher education to achieve success.

KIDZONE



Dhanu Bhalaji, 14 Years, Mariamnivas School

Gouri Datta, 10 Years, Vidyaniketan Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
16 + 16 ÷ 16 − 16 = 1
16 + 1 − 16 =

BULL'S EYE
grey, grin, gyre, reign, resign, ring, sign, signer, sing, singe, singer, SYRINGE

FAST FIVE

S	H	I	P	S
A	S	T	I	R
R	I	L	L	E
E	P	O	X	Y
T	A	B	O	O

STRIKE OUT

O	R	D	E	A	L		J	E	R	S	E	Y		
C		L		O	L	D		I		E		L		
S	P	A	R	T	A		O	F	F	I	C	E		
E		B		S	Y	N	C			Y		V		
R	A	I	D		M	A	L	I		N	C	O		
F	A	R	A	D		L	E	A	S	E		L		
	B		L	E	S	O	T	H	O		A			
L	E	G	Y	P	T		T	A	M	E	D			
A	L	P		D	I	R	E		T	E	L	E		
S	A	T	A	N	S		T	S	E	T	S	E		
I	E		E	K	E	A	N		N	E				
M	A	R	B	L	E		S	C	R	A	W	L		

QUICK

MENSA PUZZLE
Internationally

RIDDLER
Foregoes does not contain a number. falCONer, fasTENer, feMININE, fooTWOrk, frEIGHTS

QUOTE UNCODE
If you can give your son or daughter only one gift, let it be enthusiasm.

SUDOKU

8	6	7	9	3	1	2	4	5
1	4	9	5	7	2	6	3	8
2	3	5	4	8	6	7	9	1
7	5	4	8	2	3	1	6	9
6	2	8	1	9	7	3	5	4
4	8	2	7	6	9	5	1	3
9	7	6	3	1	5	4	8	2
5	1	3	2	4	8	9	7	6

ALPHA TRIANGLE
C, AC, Cap, Pace, Capes, Spaced, Escaped.

LOOP

GO FIGURE
Easy
7 − 3 + 3 + 3 = 10
Medium
5 + 9 / 2 × 3 = 21
Hard
8 − 2 + 5 − 5 = 6

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Singer, now actor

Playback singer Naveen Sajju is all set to prove his mettle as an actor. He has played the lead in the film Mansion House Muthu two years ago but the movie is yet to arrive in theaters. Now, Naveen will play the lead in Lo Naveena.

Naveen is known for singing a variety of songs, especially the song – Enne Namdu Oota Nimdu – for Duniya Vijay-starrer Kanaka that was released six years ago.

"I have sung around 200 Kannada songs so far. I graduated from singer to an actor with Mansion House Muthu but it is yet to be released. Now, I am acting in Lo Naveena. We have worked on its script for more than two years. My team wrote the script," said Naveen.

According to him, Lo Naveena will be directed by Dhanurdhaari Pavan. "Though Lo Naveena is the maiden movie for Dhanurdhaari Pavan as a director, I am very happy with his commitment. We planned to shoot this movie for 45 days in Mandya, Mysuru, and Bengaluru," he said.

Lo Naveena is bankrolled by Keerthi Swamy under the NS Naveen Sajju Studio banner. Naveen Sajju is also scoring music for this movie. Around 100 actors from silver screen and small screen took to social media to wish him luck. "It is a rural-themed movie. We are looking for a leading lady," he said.

Lyrical song released

The team of Kabandha has released a lyrical song – Nenapina Butti - at Renukamba Preview Theater on Wednesday. The song is sung by Vasuki Vaibhav and written by K Kalyan. It is the second song of the movie after– Joli Thugoo – sung by Sunidhi Ganesh. The movie has two music directors Shreyas B Rao and Raghothama NS.

"We are very happy with the response to the first song. I play Nachiketa, a youth from a zamindar family who hesitates to make the right decision at the right time. Finally, how Nachiketa gathers courage and takes a firm decision to counter villains in the village is the story. The movie conveys a message on the importance of organic food and the ill-effects of junk food," said Prasad Vasishta.

Director Sathyanath said the movie is based on an unfortunate incident that took place in the state. "We are highlighting the critical problems related to farmers in rural areas through horror narratives," said Sathyanath. He said the movie was shot for 40 days and 80% of the shoot was held at night.

Date night or not?

Fans get busy with guessing game as photos of Kriti and Kabir from party surface

Kriti Sanon, a prominent Bollywood actress, has recently sparked romance rumours with businessman Kabir Bahia. The speculation gained momentum after the two were spotted together on the idyllic Greek island of Mykonos, where they appeared to be enjoying a holiday. Social media users, particularly on Reddit, have been buzzing about photos of Kriti Sanon and Kabir Bahia at a lively party in Mykonos.

The images shared on BollyBlindsNGossip, shows them enjoying the vibrant atmosphere, which has led to widespread speculation about their relationship status.

Adding to the intrigue, Kabir Bahia shared a photo from the same location on his Instagram stories, tagging the location but not Kriti. This has fueled further curiosity among fans about their connection.

The romance rumours aren't new. Earlier this year, during the New Year celebrations in Dubai, Kriti was seen with Kabir, her sister Nupur Sanon, and their friends, including cricketer MS Dhoni and his wife, Sakshi Dhoni. Kriti has made several trips to London this year, with her fans speculating that these visits may be to see Kabir, who is reportedly based in the UK. In May, she shared her affection for the city on social media, hinting at a possible connection to Kabir.

Although they have not officially confirmed their relationship, the consistent sightings together have led many to believe there is more than friendship between them. Kabir is reportedly a close friend of cricketer MS Dhoni.

Kriti Sanon has had a busy year in terms of her career. She starred in two major films: 'Teri Baaton Mein Aisa Uljha Jiya' alongside Shahid Kapoor and 'Crew' with Kareena Kapoor Khan and Tabu. Both films have been well-received. Kriti is set to make her debut as a producer with the upcoming OTT film 'Do Patti,' directed by Shashanka Chaturvedi.

—ETimes

Knit picker

Actress Kajol, who frequently shares her love for knitting, posted a new video on Monday showcasing her unique knitting skills with her eyes closed.

An avid social media user, Kajol, who has 17 million followers on Instagram, shared a Boomerang video where she is seen getting her eye makeup done while simultaneously knitting with her eyes closed.

The actress is wearing a blue shirt and grey trousers in the video. The video features the tagline: "Get ready with me (red cross mark)... Get knitting with me (green tick mark)."

Kajol captioned the post: "Knitting and knotting like a blind maniac... #whattodo #survivalotheknottiest #knitting."

Kajol, who is the daughter of Tanuja and Shomu Mukherjee, made her acting debut in 1992 with 'Bekhudi'. She gained widespread recognition with the romantic thriller 'Baazigar', directed by Abbas-Mustan, co-starring Shah Rukh Khan and Shilpa Shetty.

Her career boasts a series of cult hit movies, including 'Karan Arjun', 'Dilwale Dulhania Le Jayenge', 'Gupt', 'Ishq'.

— IANS

Eat, read, repeat

Actor Siddhant Chaturvedi, who was recently seen in the streaming movie 'Kho Gaye hum Kahan', has shared what he likes to eat while rummaging through the pages during his reading time.

The actor recently took to the Stories section of his Instagram and shared a picture in which one can see a plate of fruit bowl.

The picture shows two books in the frame, Sid's cell phone, a coffee mug and a fruit bowl that has oats, dragon fruit and a mixture of nuts.

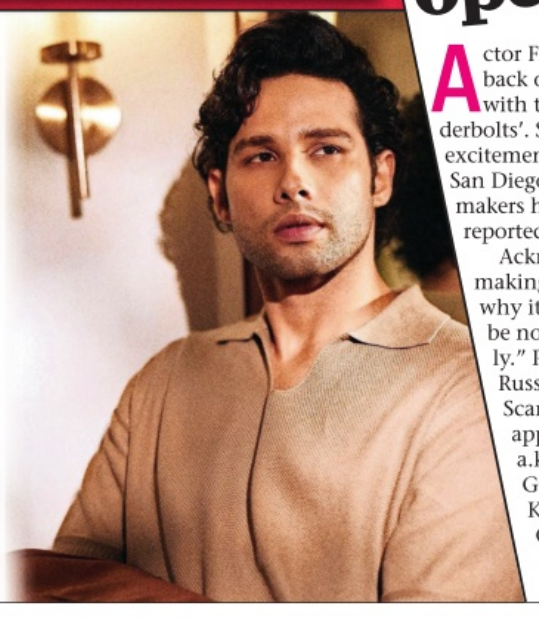
The other unread book in the frame is titled, 'Why choose this book?" Earlier, the actor took to Instagram Stories and shared a picture of the Bihari delicacy Litti Chokha. His brass thali also showed raw onions, green chillies and chutney in the condiments. The actor used the superhit track, 'Aye Raja Ji' to lend an authentic touch to the frame.

The song is sung by the superstar of Bihari cinema, Manoj Tiwari, and belongs to the cult streaming series 'Panchayat'.

On the work front, Sid will be next seen in the upcoming film 'Dhadak 2' opposite 'Animal' star Triptii Dimri.

The film's official announcement was made on 27 May 2024, introducing the characters of Dimri and Chaturvedi in a musical teaser. The film is touted to be a sequel to the 2018 film 'Dhadak' which marked the Bollywood debut of Janhvi Kapoor.

—IANS



'Honest, open idea'

Actor Florence Pugh is back on the Marvel set with the movie 'Thunderbolts'. She expressed her excitement about the project at San Diego Comic-Con and said the makers have created something special with the film, reported People.

Acknowledging that the movie "has been years in the making," the Oscar nominee shared that "the reason why it took so long to come together is that there would be no point in doing this story unless we did it properly." Pugh will reprise her role as Yelena Belova, the Russian Black Widow, who was first introduced in Scarlett Johansson's 2021 film 'Black Widow'. She appears alongside Sebastian Stan as Bucky Barnes, a.k.a. The Winter Soldier, David Harbour as Red Guardian, Wyatt Russell as John Walker, Olga Kurylenko as Taskmaster, Hannah John-Kamen as Ghost, and Julia Louis-Dreyfus as Valentina Allegra de Fontaine.

—ANI